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Tuesday, July 1, 2014 www.metro.us | t:MetroPhilly | f:MetroPhilly

LIQUID REFRESHMENT

PAGE 02

Halycon Floats owner and founder Keri Rakickas floats in a water chamber. She says the experience "resets" your body. / CHARLES MOSTOLLER, METRO

Vile calls mural buffer 'ridiculous'

Exclusive. Philly-bred singer/songwriter Kurt Vile opened up to Metro, saying he's glad that DJ Lee Mayjahs is sorry he defaced the rocker's Fishtown mural, but calls the whole ordeal "weird." PAGE 04

Religious companies win in court
PAGE 08

Try 'Poking a Dead Frog' for inside jokes
PAGE 12

More demand than ever for On Demand
PAGE 14

US knockout play begins with Belgium
PAGE 21

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1 NEWS

Local tweet

"I assume it would not be proper etiquette to stand outside #SCOTUS and act like Philly sports fans right now? #HobbyLobby"

What are you trying to say, @carolynlb?

Top 3

What's trending at Metro.us

1 'Top 10 hottest LGBT celebrities'

2 'VIDEO: Driver proves parallel parking can be frustrating'

3 'Erykah Badu crashes live TV broadcast to snuggle reporter'

Hop in a tank and escape your cares

Altered states. A new business offers the chance to return to the womb — inside a sensory deprivation tank.

Inside a humble storefront on Girard Avenue, just feet away from city traffic, an experience is available that some would describe as a gateway to another world.

Inside Halcyon Floats (209 West Girard Avenue), owner Keri Rakickas has set up two sensory-deprivation flotation tanks, where for $80, customers can float in a dark, silent tank of water for 90 minutes (deals for multiple floats are available).

"Floating has definitely changed my life," Rakickas, a Northeast Philly native, said. "That's why the shop is here — because I believe it helps people."

Created in the 1950s by neuropsychiatrist and UPenn grad John Lilly, the tanks were quickly recognized as having health benefits — but they don't magically heal people.

"It's really hard to go in there and get the result you want," Rakickas said. "My first float, while it was happening, I thought it sucked. I was bored and splashing around. ... But after the fact, I felt like, 'Whoa! 'Something happened in there.'"

Rakickas is now a believer in flotation's positive effects on the immune system, pain management and the mind.

"Once you stop receiving brain stimulus, theta waves, dopamine and endorphins start kicking in," she said.

The tanks are filled with 10 inches of water and 850 pounds of Epsom salts, which creates a buoyancy, allowing your body to float effortlessly. The tanks are filtered after every float. Some people float for physical relaxation, others to have a meditative vision quest.

Rakickas opened Halcyon Floats in March. Most of her floaters are repeat customers, and include older people who float to ease pain from issues like arthritis.

"They come out new," Rakickas said of her customers. "It really is like hitting a reset button."

Visit **Metro.us** for more on Sam Newhouse's own experience.

Quoted

"I was a workaholic and very numb. ... I couldn't sleep at night. Physically, emotionally, I was broken. ... Floating has helped me to let go."

Rakickas

Reporter's experience

Floating free

I was hesitant about my first-ever float, and felt a little claustrophobic as I gazed at the tank.

After showering, I cautiously entered the tank and closed the metal door above me.

As promised, the tank was pitch-dark and completely silent (with earplugs in).

After I centered myself within the tank, a strange feeling of limitlessness slowly crept over me.

The tank created a sensation, like floating in a cosmic hammock at the center of the universe.

I was so relaxed that I fell asleep for most of the float. But after, my muscles were eased, my tension vanished and I left with a feeling of goodwill toward humanity.

SAM NEWHOUSE
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World Cup. The top 5 bars to catch the game

The World Cup is more fun when you watch it with friends.

Sam Kokhan, kitchen manager at Fado, said they're expecting an all-day affair.

"We're not going to have the big TV out, we can only do that once," Kokhan said. "But we still have our TV's out on our side patio facing 15th Street. We plan on having a line out the door when we open at 9 a.m. People just in here all day — taking off work, calling out sick."

Belgium will square off against the United States in the single-elimination Round of 16 tournament at 4 p.m. on ESPN. METRO

Watch it here

The top five bars to catch the game and meet new friends include:

1 Fado Irish Pub, 15th and Locust, Center City

2 Fox and the Hound, 15th and Spruce, Center City

3 Piazza at Schmidts, 1050 North Hancock St., Northern Liberties

4 Brauhaus Schmidtz, 718 South St., Bella Vista

5 Xfinity Live!, 1100 Pattison Ave., Sports Complex

Shown the money

HUD grant worth $30 million

A federal grant will pump $30 million into building 297 low-income homes in North Philadelphia. The grant, made possible by the Department of Housing and Urban Development, will also be used to replace the Norris Apartments that sit next to Temple University. METRO

Slither right on up and take a peek

Academy of the Natural Sciences of Drexel University animal handler Lisa McGonigal is swamped by children as she carries a ball python through the Academy on Monday, where free admission was provided all day by Wawa as part of Welcome America! festivities. / CHARLES MOSTOLLER, METRO

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Vile on buffer: 'How could he not' feel bad?

Redo. Vile said the mural will be fixed but "it's a shame just to go and repaint something."

Kurt Vile is bummed.

The Lansdowne-born singer/songwriter learned via text message that his prized Fishtown mural was defaced Saturday morning. Vile's manager texted both him and the mural's painter, Steve Powers, with a photo of the whitewashed artwork with the message, "RIP."

"We were both like, 'What the f—?" Vile told Metro Sunday night,. "By the end of it, we were just like, 'That's ridiculous. We'll figure this out.'"

DJ Lee Mayjahs was caught white-handed painting over the Powers original, which was created in conjunction with Vile's 2013 album "Wakin on a Pretty Daze." Mayjahs confessed through online venues on Sunday.

Mayjahs, a Fishtown resident, said he was fed up with graffiti in the up-and-coming neighborhood and felt the mural attracted more street art. He apologized and said he just snapped and painted over the mural without researching its cultural significance.

Vile said he read Majahs' confessions online, and said it's nice that he's super apologetic.

"I'm sure that I can give him the benefit of the doubt and assume that he really does feel bad, because, how could he not? But he was also caught red-handed," Vile said. "I guess his whole concept was just totally askew any way you slice it."

Vile added: "I'm sure he does feel bad and stupid, but also part of it is you also feel bad because you did such a quick action and you didn't realize how popular Steve is," he added. "And then, what, make it so ugly? Those ugly blobs — that's going to stop graffiti? Give me a break. It's weird."

Quoted

"I guess it's kind of heartwarming, too, just to have such a tightly wound community for people to be so enraged. It's nice to feel the love." Vile

The building

Vile said he met the owners of the building last week and talked with them about plans to open a restaurant.

- "We just went for this real thing, organic style, so they were stoked to have that building with that on there, and then somebody covered it up," Vile said.

TOMMY ROWAN
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tommy.rowan@metro.us

Don't have a cow — it's fake!

Jewel Alston, 4, and her brother Michael, 7, milk a fake cow at the Wawa Dairy pop-up exhibit at the Academy of Natural Sciences of Drexel University on Monday. / CHARLES MOSTOLLER, METRO

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Security. Phillies the first to install metal detectors in ballpark

Citizens Bank Park will be the first ballpark in Major League Baseball to add metal detectors to its gates.

According to the team's website, the South Philadelphia stadium will start testing the detectors as part of a pilot program on July 21. The first detector will be placed at the park's right field gate.

The 29 other major league teams will follow suit next season.

The new security measure is a result of suggestions from the Department of Homeland Security, according to a team statement.

"The safety of our guests is our top priority," Phillies director of operations Sal DeAngelis said in a statement. "We fully support MLB's efforts to implement these enhanced security measures." **TOMMY ROWAN**

Citizens Bank Park
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Logistics

Attendees will not be required to remove their shoes and belts. Those who are unable to pass through the detector will be scanned with a security wand.

- Next year, we expect that metal detectors will be at all entrance gates," DeAngelis said.

A quick hair wash

Children flocked to the fountain at Logan Square on Monday to cool off as temperatures once again rose to almost 90 degrees. Temperatures are expected to stay in the 90s today and Wednesday. / CHARLES MOSTOLLER, METRO

Collision. Trolley rider injured in crash

A Route 34 SEPTA trolley was struck by a van that allegedly ran a red light around 8 a.m. Monday, leading two people to require hospitalization.

"What the preliminary investigation was showing was that the van that was involved, it was believed, ran a red light," said SEPTA spokesman Andrew Busch.

The incident occurred near 55th Street and Baltimore Avenue when the van struck the center of the trolley on the driver's side, Busch said.

One passenger on the trolley and one person inside the van reported injuries and were transported to HUP. "At the scene they were able to report their injuries and they were taken to HUP to be looked at," Busch said. **METRO**

Online alert

The 34 trolley, which runs along Baltimore Avenue into Center City, has its own Twitter account, which alerted commuters to the incident at 8:22 a.m. Just over an hour later, service was returned to normal.

Running a-fowl of the law

Man stole frozen chickens

Wilmington Police said a man who stole 72 pounds of frozen chickens from a delivery truck tried to retrieve his goods from a day care where he hid them. He encountered a day care worker whom he allegedly stabbed in the hand. Ronald Johnson, 49, was charged with assault and theft. **METRO**

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The majority of these injuries were sprains and strains due to overexertion such as lifting objects.

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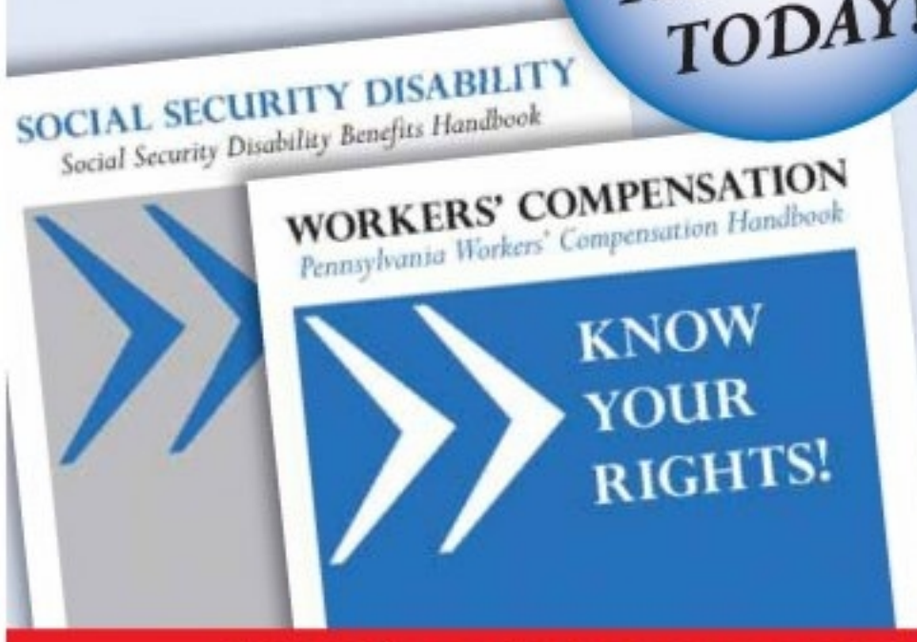

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Employers win contraception mandate case

Supreme decision. The ruling means employees will have to obtain some forms of birth control elsewhere.

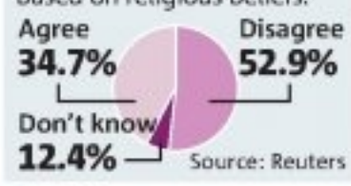
Hobby Lobby supporters react to the U.S. Supreme Court decision in Washington, D.C. / GETTY IMAGES

The U.S. Supreme Court on Monday ruled that business owners can object on religious grounds to a provision of President Barack Obama's health care law that requires closely held private companies to provide health insurance that covers birth control.

In a 5-4 vote on ideological lines, the justices said that such companies can seek an exemption from the so-called birth control mandate of the law known as Obamacare.

Signs carried by demonstrators offered contrasting views. One man, dressed up as a copy of the Bible, brandished a sign saying, "Use me, not for your bigotry." REUTERS

Do you agree?
Employers should have right to chose what forms of birth control health plans provide, based on religious beliefs.



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Timothy Sykes is a millionaire stock trader and entrepreneur.

Metro does not endorse the opinions of the author.

3 Most common stock market mistakes

I teach more than 5,000 students how to profit consistently in the stock market, but time and again I see people making the same mistakes. If you want to thrive and be wealthy, don't be guilty of these sins:

Mistake No. 1: getting married to your stocks

Human beings want to be loved for long periods of time, and that's why so many of us get married. Over the past 100 years, the U.S. stock market has risen dramatically, so those who invested long-term and "got married" to their stocks have been rewarded handsomely. But times change. Nowadays, many marriages end in divorce, many should end sooner than later and the U.S. stock market does not reward long-term investors as it once did. Don't get married to your stocks; think of them more as teenage love affairs — passionate and fun, but not lifelong relationships.

Mistake No. 2: not accepting losses

We're all wrong at various points in our lives, but we're usually able to cut our losses and move on instead of wallowing in self-pity and inaction. Sadly, it's often different when it comes to the stock market. Far too many people refuse to accept their financial losses and do everything they can to avoid dealing with their mistakes. They double up on their position or even triple it as the price goes against them, rationalizing that by dip-buying, they will eventually enjoy greater rewards when proved right.

"Don't get married to your stocks; think of them more as teenage love affairs — passionate and fun, but not lifelong relationships."

But because most traders and investors lose in this game, adding to a losing position usually only adds to their pain in the end. Don't put yourself in this situation; losses can be a very slippery slope, and most big losses begin as small losses that can be cut quickly by admitting the mistake and moving on.

Mistake No. 3: trusting tips

Speculating on stocks is practically a national pastime. Academic studies show, however, that the majority of people who invest and trade based on their gut feelings lose more often than they win, and the odds of success are worse than going to the casino.

Don't gamble in the stock market. If you want to invest, buy quality blue-chip companies and remember not to get married to them, and ignore speculative, long-shot tips.

What we're into this week

I saw Kevin Costner's latest bomb "Draft Day" and was thoroughly entertained by its juvenile attempts at plot twists during the movie's mock draft.

SnapChat has expanded from simply photo-based messages to include "stories," which are experience montages shared by users during live events like EDC.

New iPhone 6 rumors indicate that the new phone will be introduced in September with more features than we'll know what to do with.

Up & down

Up: *Ronaldo prevented the U.S. men's soccer team from beating Portugal, but in his next game he scored the winning goal to beat Ghana and push the U.S. into the next round.*

Down: *U.S. women's goalkeeper Hope Solo got into trouble with the law AGAIN, and Uruguay soccer star Luis Suarez bit an opponent AGAIN. Lock these people up —they don't learn!*

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Celebrity Cruises — 7-Day Bermuda — $649* pp — Ocean View $799* Taxes & fees $223.63pp — Balcony $1299*

NORWEGIAN — 7-Day Bermuda — $649* pp — Ocean View $779* — Balcony $999*

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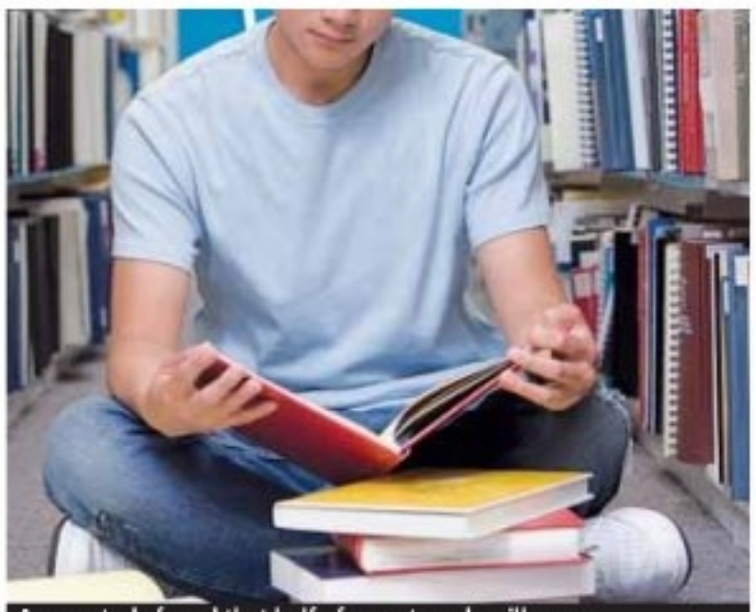
Life learner: Startup founder takes 30 classes in 30 days

Lots to know. AllClasses creator Chad Lovell talks about how his invention benefits those who never get tired of hitting the books.



A new study found that half of recent grads will never read a book again after graduating. / MONKEY BUSINESS

More than 1.5 million college students graduated this year, packing away their books and entering the real world. A new study by the Jenkins Group found that nearly half of the class of 2014 will never read a book again.

Chad Lovell wants to change that. Lovell is the co-founder of AllClasses, a search engine that lists available classes all over the world for those interested in extra credit.

Lovell spent the month of June taking 30 classes in 30 days in order to encourage lifelong learning.

We recently caught up with Lovell as he was heading home from a busy afternoon at class.

How did you pick the classes you would take over the course of the month?
I wanted them to be things that benefit me and that would add value to my business. Half of the classes are concentrated on professional development. I'm also taking classes for my personal benefit. I started power-lifting and working on core strength last year, and I'm taking a pole fitness class, which is interesting because I'm often the only guy there.

Quoted

"The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind."
Lovell

How did you come up with the idea for the 30 classes in 30 days project?
I've always been an intellectually inclined person. The world around us is accelerating, and it's changing faster and faster. If you don't invest in yourself, you are going to be left behind.

What have you learned during the course of the project?
Learning is invigorating. It is a bit exhausting running a company and taking all of these classes at the same time, but I am trying to show people that it is possible and that it's important to invest in yourself.

What's the best reason to take a class?
No one likes to be boring. [Education] makes you more interesting. I'm taking a CPR certification class, too, and that could potentially save a life.

LAKSHMI GANDHI
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Ladies, you could have done BETter

The women at the BET Awards must have thought the "B" stood for "boobs." Almost every one of them strutting down the red carpet was trying to look her breast — oops, best. Between the ill-fitting dresses, ridiculous footwear and odd cut-outs, the six who made our worst-dressed list make Pharrell and his hat seem normal. **EMILY LAURENCE**

Erica Hubbard

Erica Hubbard is beautiful, but her BET Awards outfit looks like something you'd buy on the discount rack at Frederick's of Hollywood. If your underwear is showing, it means what you're wearing is for the bedroom only — even if it's floor length.

Kyla Pratt

Kyla Pratt looks like a mermaid caught in a net. She's also about a half-inch away from exposing her nether regions. The actress might be on "Let's Stay Together," but this look screams "Let's get it together."

Faith Evans

Faith Evans is a very talented singer. Unfortunately her talent does not extend to awards-show dressing. She looks like a businesswoman trying to get a raise in all the wrong ways. Her ivory dress looks ill-fitting, and the exposed black bra is just sloppy.

Gabrielle Union

The worst part about Gabrielle Union's ensemble is that she would have nailed the look if it weren't for those ridiculous thigh-high black boots. If only she had paired her dress with strappy heels, she would be on everyone's best-dressed list today.

Nadia Buari

Nadia Buari looks like a cross between Maid Marian and Wonder Woman. The dress itself is beautiful, but the sleeves take it into too-much-fabric territory, and her bedazzled cobalt heels make the ensemble look cheap.

2 CULTURE

One more

Keke Palmer

Remember Keke Palmer's innocent days, when she was an actress on "True Jackson, VP"? The top part of this dress is actually kinda cool and goddesslike. But the cut-outs at her upper thighs are just weird. What happens when she sits down? What does one wear under a dress with upper-thigh cut-outs? Actually, we don't want to know.

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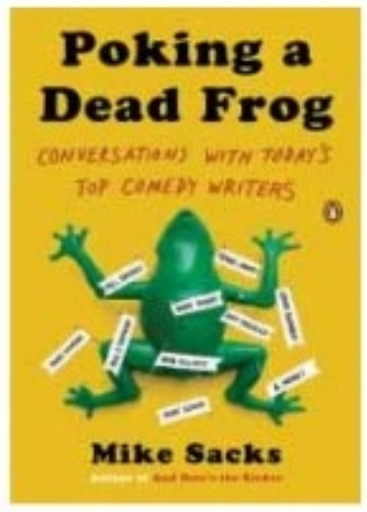
Comedy writing isn't always funny



EMILY LAURENCE
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Pop culture. Eavesdrop on author Mike Sack's conversations with comedy's top writers in "Poking A Dead Frog."

Comedy writing fans will devour Mike Sack's new book, "Poking a Dead Frog." / PROVIDED

Crafting comedy isn't funny business. Between writing "And Here's the Kicker: Conversations with 21 Humor Writers About Their Craft" and his new book, "Poking a Dead Frog: Conversations With Today's Top Comedy Writers," Mike Sacks has learned that humor writers are pretty peculiar.

"I'm not sure if [humor writers] are more obsessive than people in other professions, but they can be obsessive about writing and getting better," Sacks says. "If you want to be a success, you have to be obsessive. It's not like Mel Brooks stopped working. There's an obsessiveness within him of wanting to succeed after others may view him as having achieved all there is to achieve."

In addition to Mel Brooks, Sacks also interviewed Bill Hader, Will Tracy (who writes headlines for The Onion), Amy Poehler, Paul Feig ("Freaks and Geeks," "Arrested Development," "Bridesmaids"), James Downey ("Saturday Night Live") and many more for the book.

On top of being obsessive, Sacks has found humor writers to be extremely sensitive, which is interesting considering that they make themselves completely vulnerable in their chosen career field. "If someone doesn't laugh at what you do, it's like pointing out that you're ugly. It's very, very hurtful," Sacks says.

Of all the humor writers and comedians Sacks has interviewed over the years, the person who surprised him most was 97-year-old Peg Lynch, who wrote for a popular radio show called "Ethel and Albert" in the 1940s and 1950s. "I called her out of the blue, and we spent two hours talking. After doing more research, I found out that she actually invented the sitcom form."

But whether it's writing for a radio show in the 1940s or penning the opening dialogues for today's late-night talk shows, Sacks says that some things about humor writing have stayed the same: "The basics are still there. You have to surprise the audience by connecting with the character. And the character hasn't changed. It's humans acting as humans and us laughing at their foibles."

For Sack's favorite people to follow on Twitter, go to **Metro.us/books.**

TV watch list

MOVIE

'The Mummy'

What does AMC air when "Mad Men" and "Breaking Bad" aren't available? Why, this 1999 classic monster movie, of course. Remember the part when Rachel Weisz wins a horse race on a camel? **8 P.M., AMC**

DRAMA

'Rizzoli & Isles'

A killer uses online ads to find victims. We hope it isn't those ads about someone's friend's mom making thousands of dollars by working from home. Nobody should be fooled by those. **9 P.M., TNT**

COMEDY

'Drunk History'

This episode explores the history of boxer Joe Louis with a few familiar actors and the show's patented intoxicated narration. **SEASON PREMIERE, 10 P.M., COMEDY CENTRAL**

LISA WEIDENFELD

That would be Weird Al Yankovic as Adolf Hitler. Thanks for that image, Drunk History. / COMEDY CENTRAL

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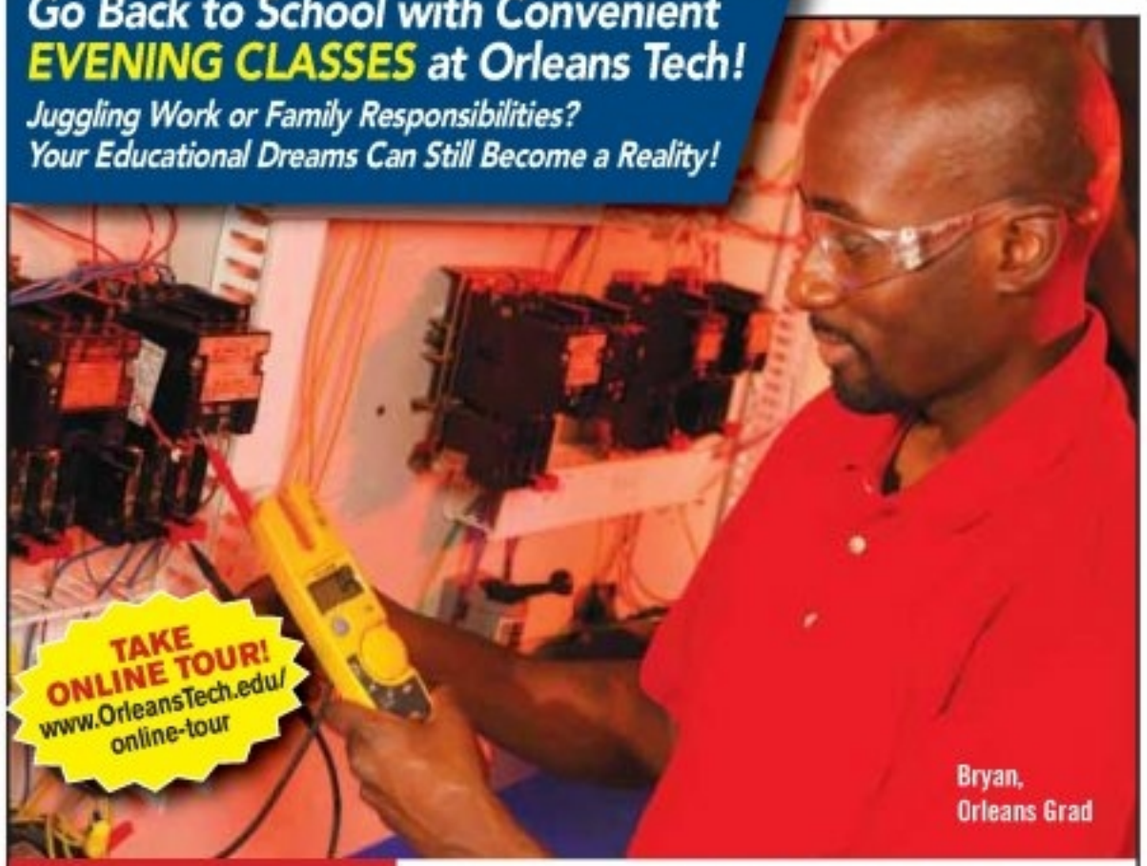

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The indies are going online

On demand. A new indie, "Mutual Friends," will only be released on VOD. That was the plan.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

"Mutual Friends" eventually piles its ensemble cast into a tight apartment for a party. / FILMBUFF

Director Matthew Watts
MICHAEL SETO

Time was — and for the most part, still is — that movies weren't taken seriously unless they had a theatrical release. The new microbudgeted dramedy "Mutual Friends" — which follows various New Yorkers who eventually congregate at a party — won't be released theatrically, but the people behind the film didn't want it to be. Today it becomes available across every on-demand platform.

"That was essentially our plan from the start," says Matthew Watts, the director and one of several co-writers of the film. "Theatrical is essentially [for] blockbusters. Releasing an independent film theatrically doesn't even make sense unless you have a couple million dollars to support it — even on the indie level."

"Mutual Friends" is far from the first film to embrace a purely digital, at-home life; Edward Burns has been doing it for years. But its reach is unusually wide, thanks to its distributor, FilmBuff, a company that tries to find the most cost-effective ways to get as many people as possible to see its movies.

"You can be anywhere now," Watts says. "You can be in the back seat of a caravan in Illinois watching 'Mutual Friends.'"

Watts conceived the film as an experiment: He'd reach out to other writer friends, they'd write their own short films then he'd combine them. Originally, the individual story lines varied in tone, from farcical to heavy drama. "We realized the [better] way to do it would be to find a theme, cut down the characters, combine others and really make it more of a 90-minute comedy."

Watts is happy to be working during a rare good time for independent movies, which now have more of a chance of being seen. But he admits that a theatrical release still carries strong cachet for filmmakers. "It's sad, honestly," he says. "It's great seeing a film shown in a dark, quiet theater with a rapt audience. That's still the goal and the dream."

Watts says the future isn't secure or foreseeable for how audiences will watch movies: "I don't know what's going to happen in the next two or three years."

Visit **Metro.us** to meet "Mutual Friends" star Caitlin FitzGerald.

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Demystify Dubai

UAE. The young metropolis has big aspirations.

Enjoy traditional Bedouin fare at Al Tawasol as part of a Frying Pan Adventures food tour. / AIRSPECTIV MEDIA

When planning a trip to Dubai, set aside your expectations. The city's identity is dissonant — and it's still a work in progress. Originally a humble pearl-diving village, Dubai rose on the back of an oil boom in the mid-'60s and was quickly repackaged as a tourist destination. For many people, the resulting food, shopping and entertainment oasis is quite attractive; for others, the absence of history and culture from the United Arab Emirates' prodigal child is more heavily weighed.

But, yes: You will have access to the best of everything. World-renowned chefs helm all types of restaurants, from steak houses to sushi bars. Dubai is home to the world's tallest building, the Burj Khalifa, and the world's tallest hotel, the five-star JW Marriott Marquis. If the places you're visiting don't come with superlatives, your tour guide will be happy to fill in the blanks for you — liberally. Everything is the first, the best, nonpareil.

If you do happen to stay at the JW Marriott Marquis, you barely need to leave the property to get a taste of the high-end climate, with 14 restaurants, bars and nightclubs right on the premises, as well as a gym and rooftop pool (of course). You should also carve out time for the Saray Spa, which offers specialty services tailored to your surroundings, such as Hammam packages and Dead Sea baths. Plus, you can drink alcohol at the hotel — which isn't served outside of Westernized establishments, out of respect for Islamic values. The location puts you a (shockingly) cheap cab ride from just about everything to do in the city, such as visiting the Historic District or walking Jumeirah Beach.

Sheikh Zayed Road bisects the city. / JW MARRIOTT MARQUIS

However, if you don't mind being a little farther from key attractions, such as the Spice Market and the Gold Souk (both of which should have you on alert for scammers selling marked-up goods from India and China), you should try the all-inclusive Atlantis The Palm Dubai. It boasts its own aquarium, water park, spa, beachfront, 23 dining venues and unmatched views of the iconic man-made Palm Islands. If, for some reason, you still want to venture to the mainland, you won't be too far from the Burj Al Arab ("the world's most luxurious hotel") or the old-world-style boutique marketplace, Souk Madinat Jumeirah, which hosts concerts, parties and other special events in its al fresco amphitheater.

Dubai is currently prepping to host World Expo 2020, which coincides with the city's 50th anniversary of independence (declared in 1971). The occasion is expected to draw 25 million visitors.

It's just beginning to carve out industries that might give the desert metropolis a firmer sense of identity: The Al Nassma camel milk facility is unique in the world; try its products at The Majlis Cafe in the Dubai Mall. There's also the Bateel date factory, which ships its gourmet fruit, nut and chocolate products worldwide. Dubai is also home to an annual shopping festival, fashion week, food festival, international film festival and even Comic Con (for dates, visit www.dubaicalendar.ae).

The youthful optimism and high energy make the city worth visiting now; in a decade, Dubai will likely be unrecognizable — for better or worse.

T. MICHELLE MURPHY
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tmichelle.murphy@metro.us

Escape the crowds

An authentic glimpse of Emirati culture

To find the "real" Dubai, you might have to do a little work. You could venture out to the fish market, which is filled with Emirati men purchasing their meat and produce for the day. You could dine at **Al-Fanar** (www.alfanarrestaurant.com) for traditional fare, or try street food (perhaps via a walking tour, such as **Frying Pan Adventures**, (www.fryingpanadventures.com).

Global Village is a worldly carnival with local flair. / GETTY IMAGES

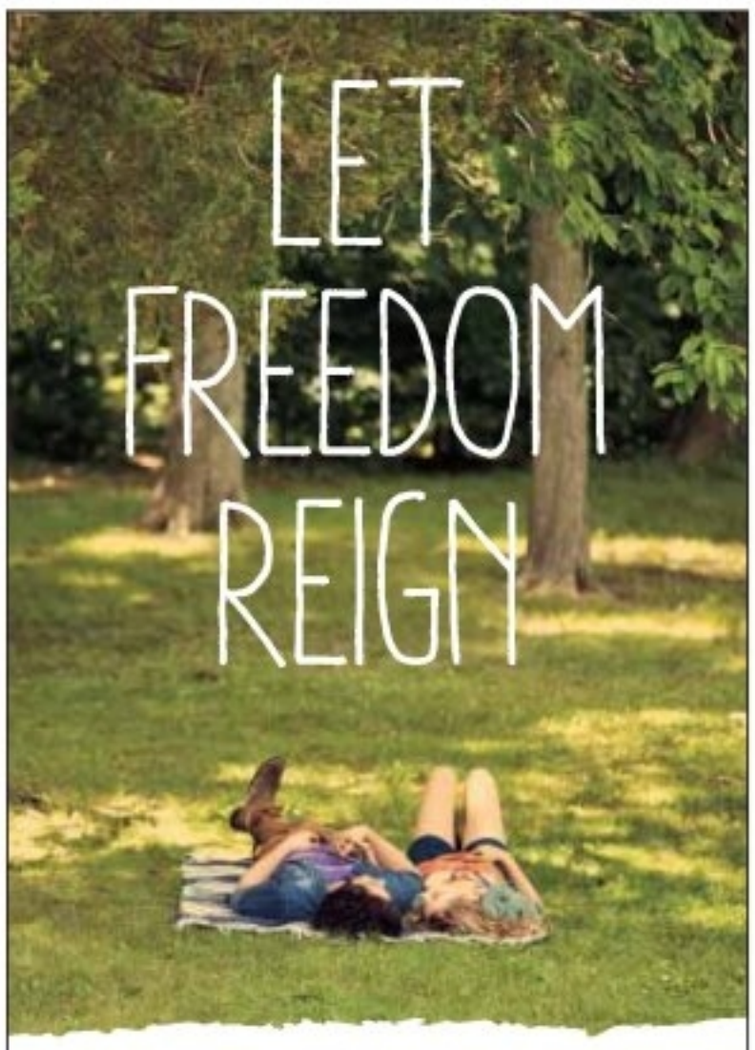
Though many theme parks are set to open soon in what's known as Dubailand (such as Universal Studios Dubai and a Marvel Superheroes Theme Park), you may prefer exploring Global Village — an expansive marketplace, open seasonally, with rides and games that rival any fair. This is where you'll find the locals having family nights and romantic rendezvous. Dress conservatively, be respectful and try to pace yourself with all of the tempting snacks (Do not miss the PappaRoti stand; you'll thank us later.).

PLUS

Getting there

A long but enjoyable journey

Though Dubai feels far away, at about 13 hours by plane, direct flights from New York City or Boston on Emirates airline make the journey comfortable — and the destination even more rewarding when you finally descend.



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Fourth of July

Kid-friendly Fourth recipe

Whether you're heading to a barbecue this July 4 or are hosting one of your own, chances are, you have some cooking to do. But now that the kids are out of school, you can put them to work. Food52 shared this patriotic cake recipe with us that you and your kids will have fun making. Head to **metro.us/parenting** for the recipe and tips for preparing it together. EMILY LAURENCE

Find this recipe online at Metro.us. / ANNA HEZEL, FOOD52

'Blues Clues' creator debuts new show

Kids' shows. "Creative Galaxy" aims to artistically inspire the preschool set.

Amazon's second original kids' series, "Creative Galaxy," premiered last week on Amazon Prime Instant Video. / PROVIDED

Amazon Studios just began airing "Creative Galaxy," a new show from Angela Santomero, the creator of "Blues Clues," which is a favorite among parents and children. In a time when art education is in peril, the show encourages kids to be creative. Here, Santomero gives us the inside scoop.

What's the premise of the new show?
It's an interactive creative adventure series that we made with the goal of getting kids to be creative problem solvers and show ways that they can use art as a resource for life. We created a world that's an entire galaxy, and each planet is a different art medium, such as painting, paper or sculpting. The main character is named Artie; he's a little kid alien and takes the audience on his adventures. There's always a problem that he has to use art to solve.

Coming up with a main character that really connects to kids is so important. What were some of the things you considered when creating Artie?
We weighed so many things. We did a lot of research and found that girls are more likely to jump into an art project than boys. So we decided to do a boy character who could be any kid in a lot of ways.

ANGELA SANTOMERO

What about some of the other characters?
We try to show all sorts of kids that the audience will be able to relate to. There's one kid on the show who finds it hard to do art because he can't sit still. Then he learns about splatter painting, which shows that you don't have to be still to do art.

Are there other educational concepts that you try to include in the series?
Yes. The show has a lot of creative problem-solving. We research [before writing] every episode and we tweak and change the script based on what researchers recommend.

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Horoscope

♋ Cancer | June 21-July 22. Consider turning a skill into a sideline business. Using your energy will help you gain financial stability.

♌ Leo | July 23-Aug. 22. Overspending will get you in trouble. Trying to lift your spirits by shopping will have the opposite effect.

♍ Virgo | Aug. 23-Sept. 22. You can't make the correct decision without first getting your facts straight. Rather than relying on someone else, do your own research until you feel confident.

♎ Libra | Sept. 23-Oct. 22. Young and old alike can provide you with insight. Spend some time with relatives or friends, and absorb all the knowledge you can.

♏ Scorpio | Oct. 23-Nov. 21. You should avoid large gatherings today. This is a great time to tackle some work that is weighing heavily on your mind.

♐ Sagittarius | Nov. 22-Dec. 21. You can enhance your lifestyle if you take note of how others live. You will catch the eye of someone who has something to offer you.

♑ Capricorn | Dec. 22-Jan. 20. Re-evaluate your financial position, and you'll find a way to supplement your savings. Stay ahead of the rising cost of living.

♒ Aquarius | Jan. 21-Feb. 18. Tame your temper. It's essential to keep the lines of communication open if you want to avoid verbal clashes.

♓ Pisces | Feb. 19-March 20. Once others are aware of what you have to offer, professional advancement will follow. It's in your best interest to promote your skills.

♈ Aries | March 21-April 20. You will garner acclaim for your leadership skills. Become involved in your community by helping a cause.

♉ Taurus | April 21-May 21. Don't be tempted to exaggerate. Others will lose confidence in you if you are misleading. Stick to what you know.

♊ Gemini | May 22-June 20. You will act as the catalyst for any activity that you choose to participate in. Your enthusiasm and sense of humor will rally friends.

BERNICE BEDE OSOL

Sudoku: Easy and hard

6				3	7			8
7		8					6	4
			2			1	7	
5				1		2		
		2		7		6		
		4		5				7
	9	5			1			
2	6					9		5
3			5	6				2

1				2	7		5	9
	7			6		1		
9						2	7	
		1	6					
	8		5		3		1	
					2	8		
	1	6						7
		8		5			2	
4	2		7	8				3

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Good citizen doesn't mean good gun owner

Re: 'Guns make some safer' (Metro, June 26-29) The shooters from Columbine, Virginia Tech, Newtown, the post offices in the 1980s and 1990s, etc., were not goons and thugs, but apparently honest, responsible Americans. Owning a gun doesn't make you any safer, firstly because thugs will not announce their intentions, and secondly because you and the people around you get exposed to fatal accidents. Gun control is not about confiscating guns of honest citizens, it is about how they are bought, used and by whom.

LAURENT BRUN, VIA EMAIL

I get annoyed when a so-called responsible gun owner whines that gun control means taking guns away from law-abiding, responsible gun owners. If responsible gun owners were actually responsible, there would be no incidents of children getting access to a gun and accidentally killing another child.

Gun control laws could help screen out mentally unstable people from obtaining guns. Gun control laws could prevent the goons and thugs from legal gun shows or straw purchases.

KEVIN VALENTINE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

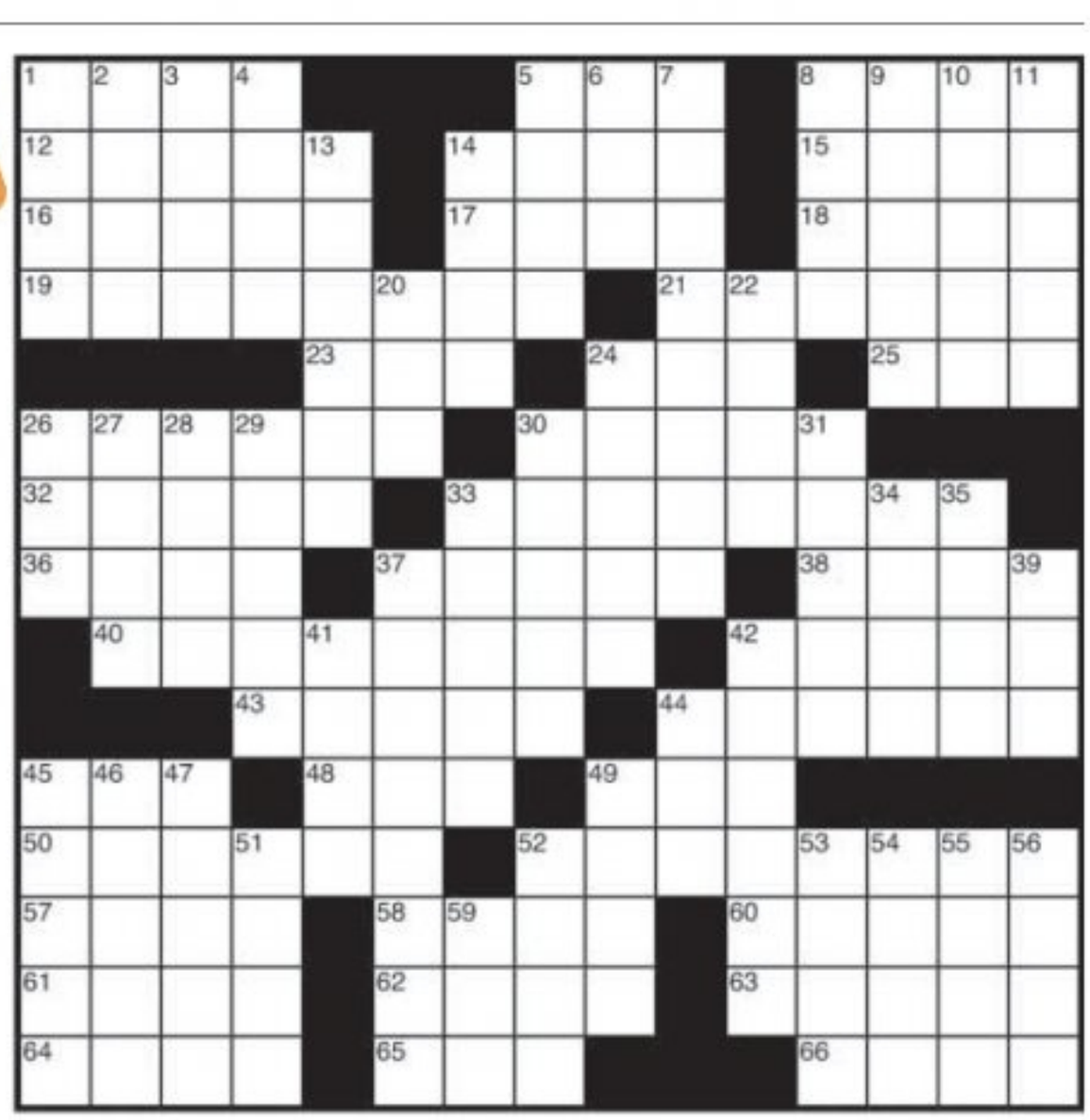
Across

1 Sponges up
5 201, to Claudius
8 Crazes
12 Kayak's kin
14 Phone, slangily
15 Crazy bird?
16 Austronesian language
17 Is, in Segovia
18 Ricelike pasta
19 Adorn
21 Tin alloy
23 NATO cousin
24 Puppeteer – Baird
25 Picnic intruder
26 Kind of knight
30 "Tiny Bubbles" singer (2 wds.)
32 Good, to Pedro
33 Tight bundle
36 Give a little
37 Gee follower
38 Kind of phone
40 Women of rank
42 Virtual
43 Potato jackets
44 Skulked or slunk
45 Food additive
48 911 responder
49 Chiang — -shek
50 Mr. Spock's mom
52 Answering
57 Squirrel away
58 New driver, maybe
60 Leg bone
61 Fringe —
62 Inspired verse
63 Incantation
64 "— do for now"
65 "Maggie May" singer
66 "Sign here" marks

Down

1 Sapporo sport
2 Khayyam or Sharif
3 Subatomic particle
4 — Lee cakes
5 Expense
6 PC monitor
7 If there's no other way (3 wds.)
8 Go with the —
9 Ventricle neighbor
10 Eggs purchase
11 Dobbin's retort
13 Dressing gown
14 Cacklers
20 Snack on
22 Pre-college
24 Juicy pears
26 Subside
27 Felt sorry about
28 City on the Truckee
29 Gump and Rooney
30 Goes steady
31 Happen
33 Helsinki natives
34 Ooze out
35 End of a threat
37 Cartoon maker
39 Ceiling
41 Barely managed
42 Comforters
44 Cozy seat
45 African tribe (var.)
46 Chic
47 Judge's prop
49 Kesey and Maynard
51 "Hud" Oscar-winner
52 Tall stalk
53 "Ouch!"
54 Wild goat
55 Long river
56 Hoedown honeys
59 Tokyo, to shoguns

Yesterday's answer



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3 SPORTS

Kidding around

Nets trade Kidd to Bucks

One of the youngest teams in the NBA just got younger, as the Milwaukee Bucks sent two second-round draft picks to the Brooklyn Nets in exchange for their head coach, Jason Kidd. The All-Star point guard spent his first season as a skipper in Brooklyn, leading the talented Nets to a disappointing early exit from the NBA playoffs.

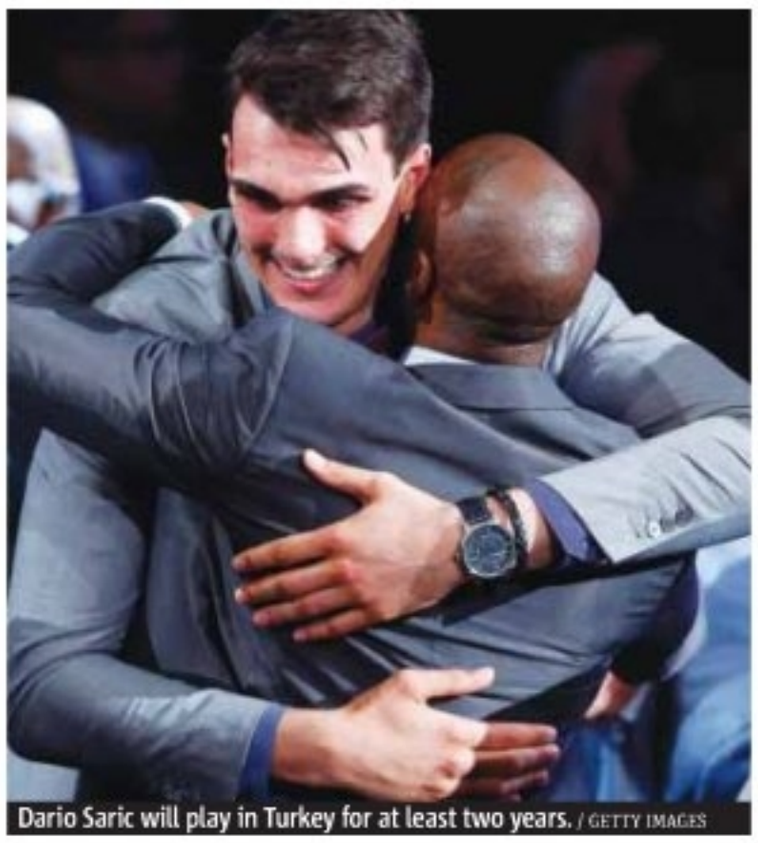
76ERS GM HINKIE IS A COMPLETE FRAUD

The Sixers are asking fans to place their blind trust in a management team with no track record of success and a rebuilding plan hinging on far-fetched risks. They want the customers to accept a hedge-fund billionaire and a computer nerd as the saviors of their basketball team. No, thanks.

Philadelphia has had its share of snake-oil salesmen over the years, but none with the chutzpah that Sixers carpetbaggers Joshua Harris and Sam Hinkie are showing right now as they dismantle one of our major sports franchises. The past week was a vivid example of just how deep they are piling up the disrespect.

First, Hinkie decided he didn't have time to speak to the media during last Thursday night's draft because a brief conversation with reporters would compromise his ability to pick the right players and make the right trades. No other team in sports banishes the media during the draft, but then again, no other GM cares so little about the fans.

Meanwhile, after a 19-63 season that included a 26-game losing streak, Harris stood idly by while Hinkie snubbed



Dario Saric will play in Turkey for at least two years. / GETTY IMAGES

The voice of Philly sports

ANGELO CATALDI
SPORTS@METRO.US

the city. Of course, since Harris just moved the team's practice facilities to Camden and recently purchased the New Jersey Devils, it's a safe bet that he doesn't give a damn about Philadelphia either.

The problem with Harris and Hinkie is, they are not believable on those rare occasions when they do talk. For example, one day after trying desperately to trade up to the top pick for Andrew Wiggins, the GM acted as if Joel Embiid were the prize of the draft. Harris and Hinkie want fans to accept the fact that Embiid could be the third straight big man obtained by the Sixers who will see no action in his first year here. First, there was the Andrew Bynum knee debacle, and then Nerlens Noel's slow recovery from an ACL tear last year. And now they actually want fans to applaud this Embiid crapshoot.

Surprisingly, what made last Thursday's draft especially frustrating had nothing to do with Embiid or Noel. The fans were miffed by Hinkie's maneuvering with the No. 10 pick that landed Dario Saric, the 6-10 Croatian prospect who is already under contract with a pro league in Turkey. Saric cannot play here for at least two seasons, if ever.

Hinkie doesn't do what other GMs do. Geniuses are not conventional. Unfortunately, Hinkie is no genius. The only thing that is starting to make sense is his reluctance to talk. The more a snake-oil salesman speaks, the more likely it is that the customers will realize he's a fraud.

Metro does not endorse the opinions of the author.

Idle thoughts

- Ryan Howard is one of those players whose numbers look better than his actual performance. He is on pace for 30 homers and 100 RBIs, but also for 200 strikeouts. He is a hideous first baseman. The Phillies will owe him $60 million after this season. Gulp.
- Jimmy Rollins said last week that the Phillies should have been in four World Series and won three during their great run. Agreed. So whom do we blame for this failure? Rollins for not running hard? Charlie Manuel for managing poorly? Who's responsible?
- Bravo to the fans who booed commissioner Gary Bettman relentlessly at the NHL draft at the Wells Fargo Center last weekend. Bettman is an ogre here for presiding over three absurd lockouts. Of course, the chances of Philadelphia getting another big NHL event anytime soon are gone. But it was worth it.

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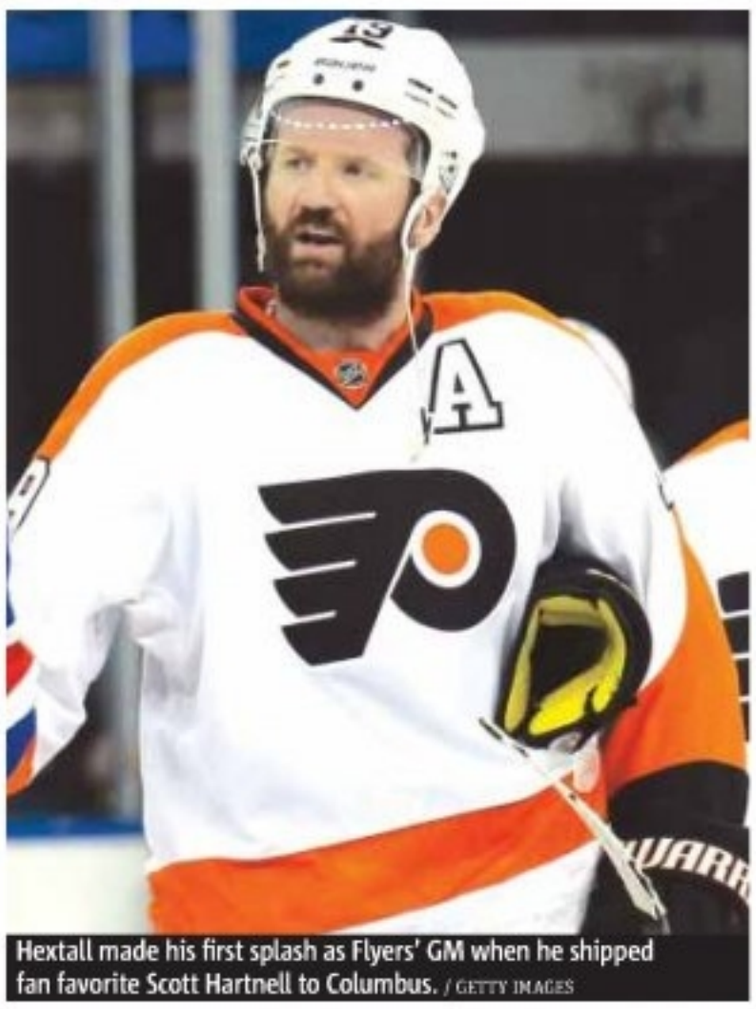
Cataldi. Hextall off to good start as Flyers' GM, still has lots to do



Hextall made his first splash as Flyers' GM when he shipped fan favorite Scott Hartnell to Columbus. / GETTY IMAGES

Ron Hextall has started his tenure as Flyers GM with a mop in his hand, trying to clean up all the messes his predecessor, Paul Holmgren, made. So far, so good.

The trade of Scott Hartnell last week made perfect sense to everyone except those fans — especially women — who loved his shaggy look and personable style. Hartnell played seven productive years here, but will always be remembered as much for his outside endeavors as his contributions on the ice. As a player, Hartnell is pretty much done.

Anyone doubting that statement need only recall Hartnell's still-incomprehensible 35-game streak last season without an assist. That Hextall acquired R.J. Umberger, a comparable player (both are 32) with two fewer years on his contract, is a tribute to the new GM's acumen. Is it too early to say Hextall is already a better GM than either Holmgren or Bob Clarke? Well, he is.

Visit **Metro.us** to read how Jason Avant got on Chip Kelly's bad side.

Even more startling was a much less obvious move. Hextall told the agent for free-agent bust Vinny LeCavalier to try to find a team that wants the washed-up 34-year-old center. Good luck there. Holmgren signed LeCavalier to a five-year, $22 million deal last summer. The Flyers still owe him $16 million over the next four years. If there is no trade partner, expect a buyout before next season. **ANGELO CATALDI**

Final thoughts

"It's still way too early, two months into his new role, to draw any conclusions about Hextall's impact on the decaying culture of the Flyers under chairman Ed Snider, but the GM's moves last week at least established that he will not try to hide Holmgren's many mistakes. In short, Hextall still has a lot of work to do."

Cataldi on the Phillies

McCarthy is Phillies' MVP

Tom McCarthy made the best play of the season for the Phillies last Friday night. Unfortunately, he is the play-by-play TV broadcaster, and the ball he caught was a three-run homer by Atlanta's Freddie Freeman. Hey, you can't have everything these days if you're a Phils fan.

McCarthy was in a special center-field booth with his two rookie partners, Jamie Moyer and Matt Stairs, when Freeman launched a towering blast in his direction. McCarthy calmly reached out with his glove and plucked the ball right out of the air. At the urging of his booth-mates, he then threw it back onto the field. The video has gone viral because no one can remember a big-league broadcaster ever announcing a home-run ball he actually caught.

Tom McCarthy is not as popular as he deserves to be in Philadelphia. Now in his seventh season as the TV play-by-player, his biggest problem is timing. He is following a legend so big, Harry Kalas dwarfs not just his fellow talkers but all of the players he talked about during his extraordinary 38-year career here. **ANGELO CATALDI**

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Eagle suspended

Johnson to miss four games for use of PED's

One of the Eagles' biggest strengths heading into the 2014 season took a big hit Monday, as the Daily News reported that right tackle Lane Johnson will be suspended for the first four games of the season.

Paul Domowitch says Johnson tested positive for PED's, according to league sources.

Johnson's suspension will likely hand the opening day starting job to Allen Barbre, who played well last season replacing injured Jason Peters.

Barbre is a talented and versatile backup, but if the Birds suffer another setback on their offensive line, it could create a tough situation for the Eagles and their depth chart.

METRO

Phillies hope trip to Miami warms offense

MLB. The Phils must hit better against the Marlins if they want to climb back into contention.

The Phillies' starting pitching staff has not gotten much run support this season. / GETTY IMAGES

Time is running out for the Phillies.

After losing four straight to the Braves last weekend, the squad embarks on a 10-game road trip trailing the Braves in the East by eight games.

Three established starters will take the mound in their three-game set in Miami, with A.J. Burnett appearing opposite Henderson Alvarez in the series opener Tuesday night.

Cole Hamels and Kyle Kendrick will pitch Games 2 and 3 respectively. With those three on the hill and a very solid bullpen, the Phillies terribly inconsistent offense will be the key against the Marlins.

If the Phillies bring their bats, maybe they can stay competitive for just a little bit longer.

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World Cup preview: US ready to meet Belgium

World Cup. The U.S. faces European power Belgium in the second round with elimination on the line.

For full World Cup coverage, visit Metro.us/world-cup.

The standard for the U.S. national team will be to make the second round, now that the program has advanced to the knockout stages for a second straight World Cup. But Belgium will be a huge test on Tuesday (4 p.m., ESPN) and might keep this impressive run from going forward.

The Yanks played Belgium in a friendly last summer, losing 4-2. The Americans were a step slow, as they were outclassed by one of the better nations in Europe. Four days later, the United States rebounded with a 4-3 win over Germany.

On Tuesday, they hope to flip that script, coming off a one-goal loss to the Germans last week.

KRISTIAN DYER
@KristianRDyer
sports@metro.us

US starters

Here is our best guess at Jurgen Klinsmann's line up.

- **Goal:** Tim Howard
- **Defenders:** DeMarcus Beasley, Matt Besler, Geoff Cameron, Fabian Johnson
- **Midfield:** Jermaine Jones, Kyle Beckerman, Michael Bradley, Alejandro Bedoya, Graham Zusi
- **Forward:** Clint Dempsey

HOWARD HAS ALLOWED THREE GOALS IN FOUR GAMES.

ALL PHOTOS GETTY IMAGES

Three reasons the US will succeed ...

1 They believe
This American side is playing well and consistently right now. Since that loss to Belgium last May, the national team has gone 20-4-3, including impressive victories over European opposition such as Bosnia-Herzegovina last fall and recently Turkey, not to mention the result against Portugal last week. Belgium isn't playing so well or as succinctly as they did last summer, lacking some spark in the final-third.

2 Softer than a Belgian waffle
Belgium is battling injuries and form, particularly along the back line. Pivotal defenders Vincent Kompany and Arsenal captain Thomas Vermaelen are both questionable. In addition, midfielder Steven Defour is out for this match after a red card in the last game. This isn't an ideal starting 11 for Belgium and given the Americans' woeful attack this tournament, it might balance the pitch a bit more than last summer.

VINCENT KOMPANY IS THE CAPTAIN OF BOTH BELGIUM AND MANCHESTER UNITED.

3 Current form
Belgium looked OK, but not great, with three opening-round wins in what was arguably the weakest group. Meanwhile, the Americans were tested in three group matches, they faced two of the top four sides in the world. The U.S. has a shot here if it can play somewhere between its dazzling style against Portugal and its woeful, pack-it-in mentality against Germany.

Three reasons the US will struggle ...

1 Belgium is better
Eden Hazard, the star attacking midfielder for English giants Chelsea, and Romelu Lukaku, who scored 15 goals on loan for Everton last year, are incredibly dangerous up front. But Hazard has been a little erratic this tournament and Lukaku has been subbed out twice in group stage. Despite this, Belgium is a good team and bound to start clicking sooner rather than later. The Americans hope it will be after this tournament.

2 Back line woes
Geoff Cameron looked shaky in the center of the United States' defense against Portugal, while Omar Gonzalez looked lost at times against Germany. The Americans have to be neat and tidy with Belgium's strong midfield and attack. They need to clear the ball, stay compact and not break down under pressure. It is easier said than done for a back four that has struggled the past year.

3 Not ready for 90
The good news is Jozy Altidore is back and jogging after a hamstring pull in the first game of the group stage. He has missed the last two games, but was cleared Monday to play in the match against Belgium. With that being said, he likely won't be ready to start and the United States desperately needs a jolt to the attack. Perhaps he gets fully fit in time for the quarterfinals.

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